

# YOU CAN QUIT!

## Stop Smoking/Chewing Programs



### *Class Help*



**Portland Adventist Medical Center**, Portland, OR

(360) 699-4488, ext. 6111

One-hour session every other week.

Smokefree support group meets every Monday evening 7-8 P.M. (503) 261-6611.

**Breathe Free: The Plan to Stop Smoking** *Seventh Day Adventist*, Vancouver  
(503) 652-2225. Nine-day session offered: periodically as requested.

**Providence Health Plan**, Portland, OR

(800) 562-8964 Eleven 90-minute sessions.

**Kaiser Permanente**, Vancouver, WA

(360) 604-2070 Six 1-1/2 hour sessions over five weeks. For members and non-members.

### **Prescription to Quit**

QFC Riverstone Market Pharmacy, Vancouver, WA

(360) 253-3043 One-hour initial visit. Six follow-up appointments, in person or by telephone.

### **STOP - A Class to Stop Smoking**

SW Washington Medical Center, Vancouver, WA (360) 514-2190 Six-week session meets weekly. Scholarships available. Ongoing support group to help you stay quit.

**Veterans' Administration Medical Center** Vancouver, WA (360) 696-4061, ext. 54534. Smoking support group for veterans only.

# Telephone Help



## **Washington Tobacco Quit Line**

1-877-270-STOP (7867) Espanol: 1-877-2NO-FUME TTY: 1-877-777-6534

**Free!** Speak with a trained expert on quitting. . . whether you just have questions, need a quit plan, or want to learn how you can support a family member or friend trying to quit. Nicotine replacement available for eligible callers.

## **National Cancer Institute**

(800) 422-6237 Free publications on smoking and health. Telephone counseling with an information specialist.

## **Free and Clear Program**

*PacifiCare* (800) 292-2336 One-to-one telephone counseling. Five calls for one year. Support line available. Informational packet.

## **Free and Clear Program**

*Kaiser Permanente* (360) 604-2070 Telephone cessation counseling. Receive six scheduled calls over one year. Unlimited access to one-on-one support between scheduled calls on toll free call-in line.

## **Free and Clear Program**

*Providence Health Plan* (800) 292-2336 Twelve months of stop smoking support including scheduled telephone support calls.

## **National Cancer Information Center**

*American Cancer Society* (800) ACS-2345 Speak with cancer information specialist. Receive materials and resources.